



Heartfulness Education Trust
From Wonder, Wisdom

HELP

Heartfulness - Experience of Life's Potential



Dear students,

Welcome to the ONLINE HELP program. As informed to you all, we will be sharing reading materials as part of every session. The reading materials will be a short collection of notes, stories, quotes, and other inspiring material that will help all of us to deepen our understanding and experience of essential life-skills that are necessary as part of our lives. Please see the reading materials below.

Read and Enjoy, Do and Feel and Become

Yours affectionately
Program coordinators
Heartfulness Education Programs
education@heartfulness.org
<https://hfn.link/dd>



HELP SESSION 2

Goals and Aspirations

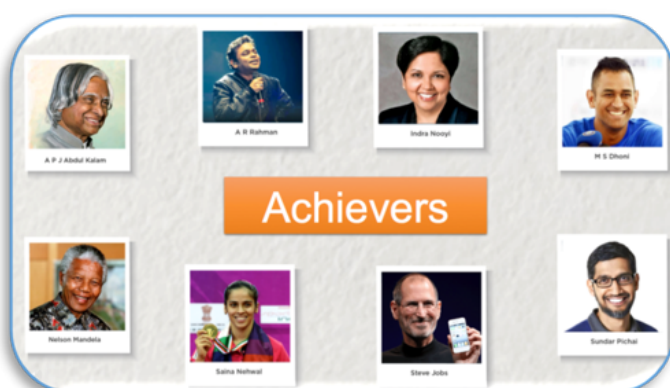
“Arise, Awake and stop not, till the Goal is reached”

– Swami Vivekananda

Concepts

1. Goals
2. Wishes
3. Aspirations
4. Ambitions
5. The right way

Qualities of Achievers:



Did the **well-known personalities** in the picture become **achievers** very easily, because they were **talented**?

Usually we see only their **success**.

We do not know the **hardships**, the **failures** & the **rigorous self-discipline** that they all went through to achieve it.

Even **Virat Kohli** initially **failed** in a couple of series and was out of the Indian team.

Many people at that time **criticized** his attitude & skills.

But he **worked hard**, **gained confidence** and became the **run machine** as we know him now.

<https://www.youtube.com/watch?v=VDadgMAfeHQ>



Success is like the tip of an **iceberg**. What is seen above is **very little**. But what is not seen, are the hidden qualities, which brought about this success. To name a few- **Hard work, Discipline, Persistence, Sacrifice and the ability to face failures.**

Here is a wordle, listing many more qualities! **Have a look at it –**

Enthusiasm, Energy, Passion, Commitment, Right Attitude, Patience – the list is endless





What is the **one important thing** that is common to **all achievers**? All achievers **set big goals** in their lives. In fact, you will never meet a successful person who did not set goals.

How to set Goals

To set a **Goal** one needs to answer the following 3 questions

What do I want to do in my life? Whom do I want to be like? What do I want to become?

Difference between Goals and Wishes



A '**wish**' is just a **desire**. These are NOT goals.

No Plan – No Effort.

Wishes need not come true always.

Only when we add **planning**, and **consistent effort** to

our wish backed by **skill**, does it become a

Planning

A **goal has a plan**. A Plan with appropriate **skills** and **effort** results in **success**.

This plan should answer the following "**W H**" questions

1. Why 2. What 3. How 4. When 5. Where 6. Who

Difference between AMBITION and ASPIRATION

Goals may be **Aspirational** or **Ambition** oriented.

Ambition

When you are ambitious, **you are bent** on achieving your goal **under any circumstance**.

- Can make you achieve your goals using **shortcuts and wrong methods**.
- We **don't care if others suffer** in the process of achieving our goals.
- The **destination** is more important than the **path one takes** to achieve it.



Aspiration

It is the **right way** to go about achieving your goals. To aspire is to pay attention to –

Competence, excellence, sympathy and values.

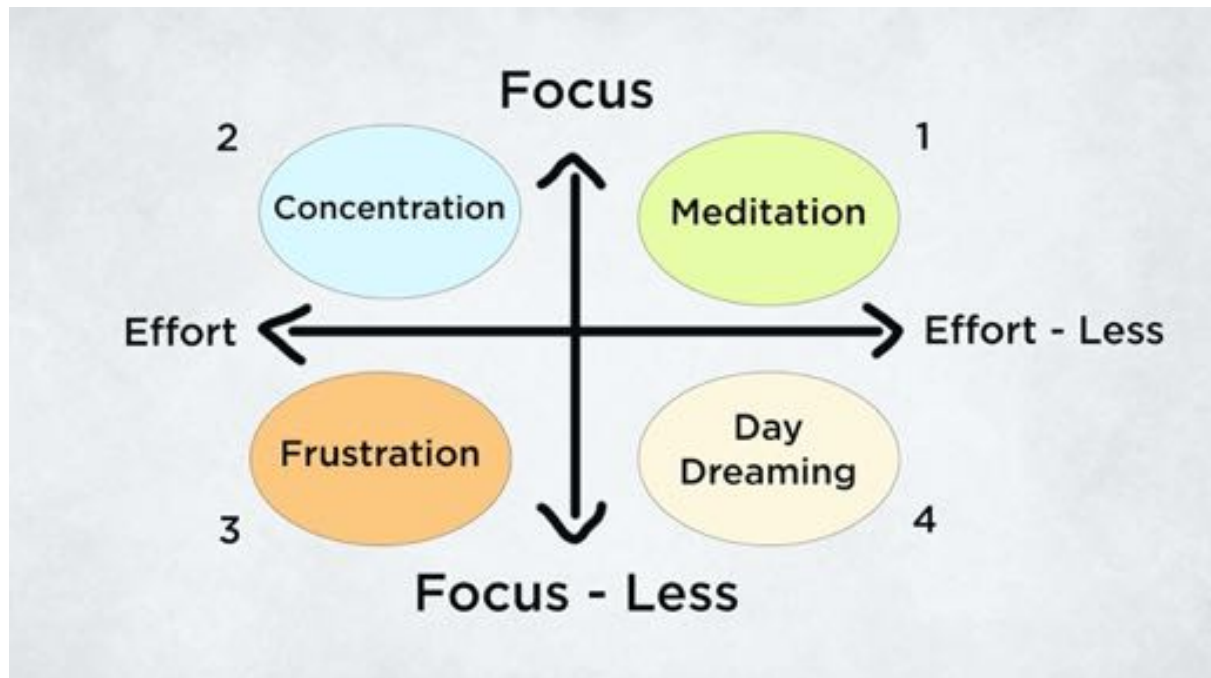
The **path or the process** adopted to achieve one's goal is more important than the **goal** itself.



Sundar Pichai, the current **CEO of Google Inc.** is a computer engineer. Born in **Chennai, India**, in a middle-class home, Pichai was **bright and creative** from a young age. He is a huge **cricket fan** and was the **captain** of his school cricket team. His family **did not possess a phone** until he was 12 years old. He received his **education** from some of the most **prestigious institutions in the world**. An engineering genius known for his innovative ideas, Sundar Pichai is best known as the master mind behind the launch of chrome browser in 2008. Watch Pichai's inspirational speech – https://www.youtube.com/watch?v=m050iy5_2ng



MEDITATION IS EFFORT-LESS FOCUS



Experience Heartfulness Relaxation and Meditation

- Gently close your eyes
- Suggest that the source of light is present within your heart.
- Stay with this thought.

Heartfulness - A Scientific Experiment

A Zen Story on achieving Goals

One day, the master was watching a practice session in courtyard. All students were doing their practices.

Among all those students, he noticed that there was one young man who was trying to perfect his technique but he is not able to work on that move properly and it seemed to the master that the young man was getting disturbed by the presence of other students.

The master could sense that young man's frustration and went up to the young man and tapped on his shoulder. He questioned to young man, "What's bothering you?"

The young man replied with strained expression, "I don't know. I don't understand why I am not able to execute this move properly. No matter how much I try."

The master replied, "Listen, before you can master this technique, you should understand Harmony. Come with me and I will explain to you how you can do that?"

The master and student left the building and walked some distance into the forest until they reach a stream. After reaching there, the master and the student stood silently on the bank of that stream for some time.

After a while, the master spoke to the young man pointing at the stream, "Look at the stream. See there are rocks in its way, does it slam them out of frustration? No. It will not slam those rocks but instead the stream will simply flow around them and move on. Be like the water and you will know what Harmony is."

The young man understood the master's advice and went back to the courtyard to practice his move and this time, he concentrated his full attention on the move and barely notice the other students around him and then he was able to execute the perfect move and master that technique.

Moral: If we want to Achieve our Goal, then we must try to bring Harmony within ourselves and not let the presence of other people distract us.